Philosophical Basis of Physical Education – SPE351

Course Breakup

UNITS	Contents
Unit 1	**Physical Education** Definition, Aims & Objectives, Nature & Scope – Needs & Importance
Unit 2	**Education** Definition, Objectives, Islamic Concept, Relationship between Education & Physical Education
Unit 3	**Philosophy of Physical Education** Theories of Philosophy, Idealism, Realism, Naturalism, Existentialism, Pragmatism – their role & importance in Physical Education
Unit 4	**International Foundation of Physical Education** Asian Games, Olympic Games, Common Wealth Games, Pan Islamic Games, and SAAF Games a) History b) Pakistan's Achievements
Unit 5	**Methods of Teaching & Training** a) Direct & Indirect b) Lecture & Demonstration c) Debates d) Seminar e) Audio – Video Aids
Unit 6	**Leadership** a) Introduction b) Qualities of Leader c) Leadership types d) Leadership in Physical Education
Unit 7	**Recreation** Definition, Types – Needs and Importance
Unit 8	**Growth and Development** a) Principles b) Stages of Growth c) Characteristic of Children (Need & Requirement) & Recommended Activities
Unit 9	**Historical Background of Physical Education** Greece, England, Pakistan, Sweden, China
Unit 10	**Safety Education** Definition and sports safety, Measures in Safety in Sports

Grading Policy:
Mid Term Evaluation: 30%
End Semester Evaluation: 70%

Recommended Books:

1. Health and Physical Education 1st, 2nd, 3rd years: by Dr. A. Waheed Mughal, 2007
2. Foundation of Physical Education: by Charlis A. Bucher, 1988
3. Health and Physical Education 1st, 2nd, 3rd years: by Malik Asif